

Vegetarianism Restores Beauty of Popular Countess

Ladies of Fashionable London Delighted Because Lady Essex Has Regained Her Former Health.

Members of Society to Which She Belongs Made it One of Their Principles to Get in Open Air.

By MARIAN MARTINEAU.

THE ladies of fashionable London were delighted to learn, a few days ago, that her grace, Lady Essex, was restored to good health.

"She is no longer nervous," said her friends.

"She has regained her beauty," said another.

"Vegetarianism did it," said a third.

And vegetarianism it was. Her lovely ladyship, Adele Grant, Countess of Essex, famous London beauty, and for years a delicate woman, has been brought back to all her former loveliness by the adoption of a vegetarian diet and by taking up a form of exercise.

A great many persons suppose that vegetarianism means the eating of vegetables and nothing else. They think that it refers only to the taking of fruits and nuts, grains and such food into the system, and to the eating and drinking of such articles as are not of animal growth.

But this is entirely wrong. The true vegetarian not only eats vegetable food, but in addition to this he or she takes up what may be called a vegetarian form of exercise.

The vegetarians believe in out-of-door walks. They seek the green fields and the meadows. They live as much as possible in the open, and they always breathe fresh air.

Beauty Vegetarian.

There is a vegetarian who lives in New York. This woman, who is a celebrated beauty, makes it a practice to rise at 5 o'clock and walk across the Brooklyn Bridge. It is a pretty and breezy early morning walk. In the afternoon she walks across the bridge again.

And sometimes, in the early evening, she has been known to take the stroll a third time. It takes half an hour, and is splendid for the lungs, the muscles, and the nerves. She says it beats walking up Fifth Avenue.

The members of the society to which the Countess of Essex belongs make it one of their first principles to get out in the open air. The Duchess of Fife, daughter of King Edward, belongs to this set, and she goes daily to walk in the little City Park, often taking her two little daughters with her. They walk briskly and deliberately after the fashion of English women who are out to take the air. They do not dawdle nor go calling. Their object is exercise.

Pumpkin Gymnastics.

One branch of this society, the set living in Carlton House Terrace, and in the fashionable streets near by, are taking a great deal of gymnastic work. The other day when the class met the gymnastics was shockingly cold. The air whistled through it and the members were chilled to the bone.

But the leader, an English woman who was used to fresh air, set them at work. "I am going to give you a new set of

exercises today, the pumpkin exercises," said she. And then she, who by the way, is an American woman and a New Englander, tossed a pumpkin of medium size to each woman, and in a few minutes the class was busily engaged in doing the pumpkin exercises.

Why It Is So.

"A pumpkin," said the teacher laughing at the strange gymnastic implement, "being large and round and unwieldy, is the best possible thing for these reasons:

"It takes two hands to hold it and so it exercises the wrists.

"It is heavy and so it brings the muscles into play.

"It is hard to manage it without dropping it and so the brain must do a little work.

"And, being just the size and weight of an ordinary pair of dumb-bells it takes their place and is better for the reason that it requires more dexterity.

"A woman when exercising, should have a problem to solve. She must punch the bag or wield the sword, or use the gloves, or in some way exercise her brain. Otherwise her exercise is tedious enough."

"Now, attention," said she to her club. And for half an hour, until all were laughing, and panting, they tossed the pumpkins back and forth and did gymnastic exercises with them until they were all in a glow.

"Now run," commanded the instructor. And off they started on a jog trot running steadily for the rest of the hour.

Diet of the Society.

While this is one side of the vegetarian society it is by no means at all both sides. And many would say that it is not the most important side. Dieting is the principal thing and the vegetarian must learn to eat this food and to do without that food, and to select the right articles to drink.

In this vegetarian society, which is doing so much for the beauties of London, there are two distinct classes or divisions. The first division is the lax one. The members eat fish and oysters of all kinds and this opens up a fine course of food supply. They have shell fish and baked fish and boiled fish and every kind of sea food that tempts the appetite. With this they have their fruits, their nuts, and their vegetables and grains.

But the other sect of the vegetarian society are far stricter. They eat nothing at all in the way of animal life. And, in place of meat, they eat a cake which is composed of chopped nuts, ground wheat and the best of fruit, all mixed together and baked until brown. It is served with a tomato sauce and is really very palatable.

Vegetarian Menus.

The menu of the more moderate of the vegetarians contains much that is tempting. For breakfast they have fruit, coffee, eggs and cereals of two or three kinds.

For the noonday meal which is a luncheon they begin with a fruit soup and follow it with vegetables of every de-



COUNTRESS OF ESSEX.
Beautiful American Woman Who Has Become a Convert to Vegetarian Methods.

scription, especially baked potatoes, which they serve in the most delicious ways. And for dinner they have the regular course dinner, soup, fish, ve-

tables and fruits, ice creams and delicious desserts of every kind.

In an institution in London, where the tired beauty can go, they make it a point to serve stewed fruit with each meal and good fruit it is. Breakfast begins with a cup of steamed peaches served on oatmeal. Then comes

True Vegetarian Not Only Eats Vegetable Food But Takes an Appropriate Form of Exercise.

Tossing a Pumpkin, a New Exercise Which Brings Many Muscles Into Action, Is Health-Giving

coffee, the best of eggs and plenty of toast and marmalade.

The dinner contains many a dish of stewed fruit, which is mixed up with rice, with other fruit and served in soups and in sauces. It is astonishing to note what one can do with vegetables and fruits. And for supper there is another set of dishes.

Rules for Certain Cases.

"You can do more with vegetables than you can with meat," said the steward of one of the vegetarian retreats, where immense prices are charged for fashionable patients for teaching them to do without meat. And the patients say that they never fared better.

"We have certain rules for certain cases."

"Those with poor complexions are put upon fruits, stewed always, and on vegetables prepared without a cream sauce. We give them no milk or cream."

"Those who are afflicted with nerves are given green vegetables, ripe fresh fruits, uncooked, and all their meals are eaten in the open air. We give them hot cooked bread and plenty of things to nourish and feed the nerves. We see that they do not go hungry and we feed them five times a day."

Drink for the Nerves.

"Nervous patients are given a great deal of fluid. They usually are people who drink very little and we give them plenty of fruit drinks, one of the best being hot apple tea. To make apple tea you cut up apples and cover them with hot water. When they have steeped you pour off the juice and serve it very hot with sugar and cream. A better apple tea is made by serving apple juice with sugar and lemon."

"Nervous patients are given water that is not too hot, they are given sweet light wines, unfermented grape juice and all kinds of things that are healthful and satisfying. The trouble is that the woman with too many nerves invariably does not supply the system with a sufficient amount of fluid and that is why she is so very nervous. She should drink pure fresh water as often as she can do so."

"The milk diet is also one of the vegetarian's strongholds. If the woman who is ailing and nervous will take the milk diet she will get well. Let her procure four quarts of good fresh pure milk. Let her begin in the morning and take a glass of milk every half hour all day. This will cleanse her system and purify it, carrying off all the impurities of the stomach and blood."

Diet for Women.

"The milk diet can be taken in a different way. The patient can drink her cup of coffee in the morning and take her chop. But after this one meal she must not take another meal until the next morning. Instead of this she drinks a glass of milk every hour. This is not strictly vegetarian, but it borders upon it and is an improvement upon the meat eating three times a day."

"The nervous woman requires fluid,

and, until she learns to take a great deal of it into her stomach, she will never be well."

"But when it comes to the fat woman's vegetarian dietary it is different. The problem is awful to deal with. Here is a woman who has eaten meat and drank water until her system is filled with both. She cannot leave off either one. If she goes without meat she feels faint, and if she goes without water, she suffers tortures. It is Hobson's choice with her. There seems no way out."

"The fat woman who wants to get thin must turn vegetarian in so far as exercise is concerned. She must walk and walk and walk. And she must exercise and exercise and exercise. She must keep out in the open air all she can, and she will be rewarded with a steady decrease in weight."

Thinning Foods Many.

"Her foods must be cooked grains or cereals and fruit. But she must eat them without sugar and without cream. If she cannot do this she can take toast sprinkled with salt instead of butter. And she can eat Graham bread and all sorts of dried and fresh fruits. There is a wide range of food for the fat woman who wants to get thin."

"There is in a vegetarian society in London a public woman who once weighed two hundred and fifty pounds. She made up her mind to reduce, and every morning she began the day by taking the juice of two lemons in half a glass of water without sweetening. It made a tart nice drink which put her in fine fettle for the day. It toned up her stomach wonderfully."

"Then she ate poached eggs on toast. Nothing but poached eggs on toast, three times a day. Think of living on that diet three times a day and nothing else. That is what the woman did. She denied herself all luxuries and she soon began to get thin. Her closing meal at night was baked apples, which she took at 10 o'clock, without sugar or cream. And during the day she munched an apple or sucked an orange when she felt thirsty. It was very satisfying, and after a little while she began to like her food."

Hard for Two Days.

"Dieting is hard for the first two days. The third day is easy, and the fourth day you prefer your new food. After two weeks you have outgrown your taste for sweets and drinks and you would not go back to them. That is the beginning of your work of reformation. From that time on you will steadily get thin."

The vegetarians of whom Lady Essex is a member have for their aim the curing of nervous diseases, and some of the first society women of London have joined. Those who were jaded with the arduous duties of the London season have been admitted to the ranks of the food cure. And the Queen herself is dabbling into it, too, trying it for a few days at a time.

AN AID TO HEALTH.

Cheerfulness at Meals Is Preferable Every Time.

Many people must have been struck by the utter absence of interesting conversation that is so marked a feature of the modern meals. In the olden days all the wit and brightness of the day seemed to be focused into the breakfast and dinner hours, and nearly all the celebrated stories of brilliant repartee that have come down to us were delivered during a meal. But nowadays people talk over their worries and bother at the table. Look out trains and read papers during breakfast, and if they have got anything disagreeable to say to another member of the family, very often choose a meal-time in which to say it.

Somebody once suggested that children should be trained to be bright and cheerful during meals, just as much as they are trained to eat properly, for one habit, like the other, would cling to them when they grow up, and make them much-sought-after companions.

Worry is very bad for the digestion, and so is another fashion of seeing how fast you can get through your breakfast or lunch, certainly both things react upon one's neighbor's enjoyment of the hours that should bring relaxation and good humor.

PRETTY PETTICOATS

French mull petticoats in white with Spanish ruffles are both dainty and useful skirts. One of these has narrow insertions of German "Val" lace in the fish-eye pattern in the flounce, which is edged with a narrow double ruffle. A pretty skirt with a lace ruffle has this open at one side in something of a jabot effect, and the rather broad ribbon run in at the top is tied in loops and long ends at this point. A delicate skirt has the entire ruffle formed of insertions of lace joined one to another and finished with a large edge.

The bifurcated garters, which are practically small divided skirts, wide and with deep ruffles, have these in many styles. An odd design is that in which the edges are made of insertions of "Val" lace, set in solidly in perpendicular lines, fullness being given by little fans of nainsook set in at the lower edge. There are shaped ruffles with insertions of lace and dots embroidered around them, and there are panels outlined with lace and with embroidery in the center. A bowknot is one of the prettiest of these designs.

Pretty petticoats are to be found in pale pink and blue in China silk. They are fitted and have no bulk over the hips, while the full ruffles give sufficient sweep around the lower edge. One of these has the ruffles of alternating narrow bands of fine embroidery and wide bands of point de Paris lace, with an edge of deep lace ruffled on. Another has wide insertions and edging of Italian valenciennes.

CUT GLASS NEEDS SPECIAL WASHING AND POLISHING

To preserve glassware and to keep it looking its best, great care must be taken in handling, cleaning, and polishing. If the best ways of doing this are understood, the life of the pieces will be prolonged and each will be ornamental as long as it remains in use.

Wash fine glass as quickly as possible. Standing in water for any length of time tends to take the luster from its cutting. Put one piece at a time into the water, wash, rinse, and set to dry. If a dish is sticky inside, fill it with lukewarm soda and shake until the surface begins to clear.

Get Pans Ready.

Several receptacles are needed to properly clean fine glassware. Before filling the pan to begin washing, lay in the bottom of it a wide soft towel folded four times. Half a gallon of boiling water to three quarts of cold will give the right temperature for the first bath. The rinsing water should be hotter, at least half boiling. Wash with white soap and a tablespoonful of ammonia to the gallon. Never use yellow soap, for the resin that is in it clouds the surface of the glass.

Taking a piece of glass at a time, cleanse it, using a clean, soft cloth and a very soft brush. Quickly dip it in the rinsing water and then put it by, turned upside down on a rinsing board covered with a towel. There let it dry until the next dish is ready, and then take the first and plunge it in a deep box of sifted sawdust, either oak or white wood. "Jeweler's sawdust" is good. None that is gummy is fit to use. Hot dust will dry glass quickest, and after being removed from it a light polish with a dry, soft cloth should make it ready to go back to the shelves. Never let glass get cold before wiping, and always use the best linen crash toweling, after softening it by two or three washings. New towels are too hard, and very old ones shed lint. Use enough towels to have them always dry.

Cleaning Decanters.

Decanters and decant jars often need special treatment. If not too finely cut they can be cleaned with half a dozen buckshot dropped into warm soda water inside them. Shake these about vigorously. If much incrustation the bottles should be filled with soda water, the stoppers put on, and left to stand for six hours. The crust will come off with this treatment, but afterward a little vinegar

must be poured in and also shaken. More fragile, deeply cut bottles should be cleaned with alcohol and coarse brown paper. Make very small pellets and drop in six. Pour in half a cup of alcohol and shake hard, holding the bottle sideways and shaking it round and round. Pour off the alcohol and keep for future use. Next repeat the shaking with water half boiling hot and wash like any other piece of glass.

All the dishes stained with milk or gelatinous desserts must be thoroughly rinsed in cold water. If traces then remain give a second rinsing in blood warm water, and still again in even hotter. What is absolutely necessary is that they do not go into the wash water filmed over. Be sure that no food of this nature is left to stick between the cutting, for not only does it cloud the surface, but lodges a great deal of dirt. Never wash a piece of glass under the stream from the hot water faucet, for the temperature of the water cannot be regulated and some part of the glass is likely to become overheated and burst.

Special Ware.

Pressed glass may not be so elaborately protected with towels. This glass can be toughened if, when first bought, it is placed on the stove in a kettle of salt and water. First line the bottom with chips. In this let the glass come slowly to a boil and simmer for two hours. Then lift the kettle quickly from the fire and cover at once, so that fully three hours will elapse before the glass is cooled. When this is over wash the glass in hot water and a little soda, rinse and dry.

Frosted glass, having a rough surface, needs a special weekly washing with a stiff brush and ammonia or soda.

Gilt glass, whether Bohemian or imitation, must be quickly washed in ammonia and water, dried gently and lightly polished. The gilt will wear even with the gentlest treatment. Venetian glass in delicate colors should be washed inside with ammonia and water and a fine linen cloth and cleaned outside with a bit of white silk dipped in alcohol. Dry with a second silk and polish with another piece lightly dusted with whiting.

Once a year all fine glass should be polished with whiting; sift the powder through silk gauze and put into a gauze bag. Turn the freshly washed piece of glass upside down on a cloth and sift the whiting over it; when the last piece is powdered, begin with the first and take it off with a soft cloth and a brush. Hold the dish gently with a cloth between it and the hand.

WOMEN'S HANDKERCHIEFS Are Increasing in Size and Are Almost Like Smaller for Men.

Larger handkerchiefs are in the hands of women this season than were carried last year, for the correct size is nearly as large as the smallest of those carried by men. This applies to lace mouchoules as well as to the tailored linen squares.

The latter are severe, indeed; just a quarter-inch hem, finished with eyelet hemstitching and the tiniest of initial letters outlined in eyelet embroidery. For daintier wear these same squares are delicately embroidered in each corner with a cluster of leaves and flowers. Inside one of these is a scroll surrounding an initial. Sometimes the initial occupies the center of a butterfly or shamrock. This style is done in French convent work.

Mourning handkerchiefs show a decided inclination to leave their usual stiffness. Instead of solid black borders or those made up of lines of black, a little design of flowers is used, a small bow knot or within the black a Greek black or button effect in white.

The colored square has no place except peeking from the pocket of a Norfolk suit, and then it is best in silk of a pastel tint. One silk kind has an initial surrounded by a filigree done in red silk, and there are two or three small red flowers around it.

The large lace handkerchief has its antithesis in a tiny complement to the fan. This is a coquettish little thing, a small center of lawn, the edge of which is fitted to the figure of the face. On the lace border tiny forget-me-nots or leaves are embroidered. One made up of inch wide bands of hand embroidery, alternating with Valenciennes insertion, is finished with a ruffle of the Valenciennes. It is an exceedingly pretty style.

Where so much fine lace is used the cost of the handkerchief is considerable. Least expensive ones that yet are decorated with real thread have a narrow edge of Armenian lace or Irish crochet. Rides and star flowers in designs make this very dainty and attractive.

One hundred and fifty dollars is not an unusual price for a single large lace handkerchief. The tailored squares sell at \$18 a dozen. But where all these elegant handkerchiefs are sold, there is a pair of kept in stock the simple muslin at \$1 a dozen with a fine filigree or initial in one corner.

SPATS TO MATCH

While it is not so much a one-color season, there is a tendency to have certain articles match perfectly.

Women have these made of the material of the costume, especially if it be of broadcloth. In some of the simplest colors the spats may be had already made. They must match perfectly, however, and that means that most of them must be made to order. The goods from which they are made is not necessarily plain. Small checks are very smart. One tiny shepherd's check suit designed for a fair one going South has spats made of the same material.

HOW TO CORRECT THE LITTLE DEFECTS IN ONE'S PROFILE

If one's profile is not all it ought to be, one can go to work and reform it. The profile is not immovable, as many persons seem to think, but, on the contrary, it can be decidedly influenced. One can change it so that it looks entirely different from the profile as it now is.

To change the profile, take the defects first and remedy them. If the teeth protrude, have them straightened. Straightening the teeth is not at all difficult these days. There come certain appliances which can be fixed upon the teeth in such a manner as to bring them into line with the rest of the mouth. Instead of an irregular, straggling row of teeth, one can have teeth that are perfectly arched.

The next thing to do in reforming the profile is to straighten the nose. If the nose is crooked in the bridge—and there are many people with crooked noses—have it straightened. The nose is built upon a soft cartilage, or muscle, which is easily shaped with the fingers. The operation of straightening the nose is not at all a difficult one. By all means, have it attended to at once.

If the nostrils are distended, giving the nose an ugly, wide appearance, have them treated. Distended nostrils are caused by a defect in the breathing apparatus. Asthma and a cold in the head, and all the kindred ills, will have the effect of distending the nostrils. Get the breathing apparatus in good working order and the nose will be 30 per cent prettier.

Sharp eyebrows never make a pretty profile. Get a small bottle of pure almond oil and put it in a dish of hot water. Let the water remain hot and add a teaspoonful of red vasoline to an ounce of the oil. Stir while it cools, and the result is a very soft pomade which is just the thing to use as an eyebrow grower.

Take a small camel's hair brush and go over the eyebrows every night. Outline the brows just exactly as they are desired to be. Next morning wash the face with hot water. Do this every night and the reward will be abundant and pretty eyebrows.

Many people have ugly profiles because they have ugly eyes. The eyes are blinky and watery, and it is impossible to open them wide. They must be treated until they are clear and pretty.

To treat the eyes successfully take a bowl of warm water—say a pint of water—and draw into it a tablespoonful of powdered borax. Set the bowl where it will keep hot, and then bathe the eyes with the solution. Use it every night before going to bed.

The beauty of today, or the homely

woman of today, could not put in an hour better than at bed time. If she will take a full hour for the preparation of her face for the night she will be rewarded by a greater measure of beauty than she has ever before possessed.

The wrinkles between the eyes—and all women of thirty have this wrinkle—must be massaged away. Then, too, all the little querulous lines in the forehead must be brushed away with the finger tips. Beside this, the chin must be nicely massaged to keep away the crow's feet from around the mouth.

Steaming the face is a process best done at night. Wet the face with very hot water and let the skin become smoking hot, but not so hot as to blister it. Don't allow the steam to play directly upon the skin, but rather apply hot cloths until the skin is warm through. It takes a little practice to know just how hot the water should be.

Now is the time to wash the face well with soap and water. Only the very best soap should be used, and for this purpose the highly advertised brands are generally best. Shaving soap is pretty sure to be pure, and many women use it in preference. Wash the face thoroughly and rinse well. Rinsing is very important. Finally, apply a little cold cream to the face, rubbing it well into the skin. Next morning wash it off.

This course of advice, if carefully followed, will certainly bring about its own reward in an increased degree of beauty.

And particularly will it benefit the profile, for it is when seen in side view that facial defects are most plainly evident.

Make the side face pretty and one will have added a certain attractiveness to the face which it did not possess before.

MAKING NECESSARY PROVISION.

Mrs. McJarvis had invited a number of friends to dinner, but the cook left her on the morning of the appointed day without a moment's notice.

In this emergency she hunted up an old friend of the family, Aunt Chloe, wife of Uncle Ephraim, and asked her to take the cook's place.

"I'll cook de dinner missis," said Aunt Chloe, "if you'll give me wot's left."

Mrs. McJarvis agreed, and within a few hours the dinner was well under way.

Later in the day she visited the kitchen. "Why, Aunt Chloe," she said, "I have only five persons to entertain, and you are cooking everything there is in the house. What is that?"

CHRISTMAS GIFTS Home-made Presents Are So Much More Appropriate Than Others.

It is the thoughtful, clever woman who makes Christmas remembrances that one remembers. All the money in the world expended upon a gift cannot make it half so pleasing as some little trifle that is just what you wanted. The thoughtful gift shows that the giver has understood you; that to her you are something besides just one name of her list; that she has taken a pleasure in planning to give you a pleasure.

Thoughtful gifts are usually home-made, and the girl who fashions all her Christmas offerings with her own clever hands has begun already to fill a bureau drawer with these dainty little works of art. One of the cleverest things I have seen has been made by a girl for a literary friend. She bought a tiny hatbox, glass lined, and covered it with green satin ribbons a dainty calendar. On each leaf of the calendar she inscribed in fancy letters some quotation appropriate to the literature, such as "The Pen is Mightier than the Sword."

Next she made a soft, frilly slipper of chamoin silk, carefully pinning the edges. This she laid flat on top of the iron, attaching it by two bows of the green satin ribbon to the lower parts of the handle.

Nothing prettier or more useful in the way of a bathroom penholder, calendar and paper weight might be imagined. And the beauty of it was that even the most absent-minded of the literary club could not mislay it or lose it. Perhaps, too, the flattery as well as the comfort and convenience of the thing would suggest to a poor lonely bachelor how nice a person he had to have a clever little domestic person like that about, to make life easy and agreeable for him.

Many pretty and useful little articles can be made for a bachelor maid whose time is too full for her to gather about her all the dainty feminine comforts which appeal to a woman. Articles such as handkerchief and glove boxes are fashioned from creton-covered cardboard in delicate hues fastened together by smart ribbon bows. This sort of work is delicate, agreeable, and much more showy and satisfactory than intricate lace making or elaborate embroidery.

A ROOM COAT

Something on the order of a man's dressing gown is a new room coat recently evolved.

In this case it is of Persian figured cashmere, the colors being mostly dark, in the wine, green and brown shades. The collar and lapels are faced with tulle broche in reseda, a color that figures in the pattern. This coat is lined with finest flannel in reseda green. Many would prefer China silk. It makes a picturesque garment to slip on over a nightgown, house dress. Another purpose it may serve is as a negligee with a pretty silk petticoat or with a dress skirt. It comes about to the knees, is roomy and boasts broad sleeves. For a journey it would be a valuable part of one's outfit.